

# NE LESSON CODE BF-000-32

## How to Get Breastfeeding Off to a Good Start

### OBJECTIVES

Participants will be able to:

- Identify at least two tools they can use to get breastfeeding off to a good start.
- Identify at least one place they can call for breastfeeding help.

### MATERIALS

#### TV/VCR

**Videotape program:** *Valerie's Diary*, (produced by Injoy Productions), English and Spanish, stock no. 7212 approximately 15:00 minutes. English only, closed captioned, stock no. 7134. *Valerie's Diary* was mailed to all local agencies on September 22, 2000, see memo #00-096. To order additional copies, use the *Texas WIC Materials Order Form* and fax to Publications Coordinator at (512) 458-7445.

#### Handouts

- *An Instructional Guide for Giving your Baby the Best* stock no. 13-06-10954, English and stock no. 13-06-10954-A, Spanish. Additional copies are available, please use the *Texas WIC Materials Order Form* and fax to Publications Coordinator at (512) 458-7445.
- *First Week Daily Breastfeeding Log* and *How do I know if breastfeeding is going well?*, attached. Fill in local breastfeeding help number and duplex copy before class (*First Week Daily Breastfeeding Log* on one side and *How do I know if breastfeeding is going well?* on the other side of one page.)

#### OPTIONAL ACTIVITY

- First Week Daily Breastfeeding Log Worksheet
- First Week Daily Breastfeeding Log Worksheet – Answer Sheet

#### Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece  
Texas Department of State Health Services  
Nutrition Services  
1100 W. 49<sup>th</sup> Street  
Austin, Texas 78756

## LESSON DESCRIPTION

This lesson focuses on how to get breastfeeding off to a good start and is intended for pregnant participants, expecting fathers, and other family or friends of the pregnant participant. It is designed to educate participants on techniques for successful breastfeeding and covers breastfeeding benefits, positioning and latch-on, early breastfeeding management, and who and when to call for help.

*An Instructional Guide for Giving your Baby the Best* covers the same points that are featured in the video, *Valerie's Diary*. After the video, the instructor will give everyone their own instructional guide and help participants identify where some of the important video tips are listed in the instructional guide. Participants will also receive two other tools that can be used in the baby's first week, the *First Week Daily Breastfeeding Log* and *How do I know if breastfeeding is going well?* These tools will help the mother assess if breastfeeding is going well and if and when she needs to call for help. If you have a large classroom, you may want to enlarge the breastfeeding log to poster size or draw a day 1 example on a white board to aid in teaching.

## ICEBREAKER

**If you purchased a new microwave oven, VCR, or DVD player and you weren't sure how to use it, what would you do?**

Allow class participants time to answer. Give them an idea from the list below if they are having trouble answering. Read aloud the possible answers below if they are not mentioned.

Possible answers might be:

- Read the instruction manual.
- Keep trying different things until it works.
- Call the store for assistance.

**Well, that's how breastfeeding works too. Sometimes you have to refer to the instruction manual, try different things until breastfeeding works, or ask for assistance.**

**It would seem that breastfeeding would come naturally to a mother and her baby but often, medications during labor and delivery and other things that happen in the hospital interrupt the baby's natural ability to breastfeed. And when the baby doesn't breastfeed well, the mother often loses confidence in her ability to breastfeed.**

**In this lesson, you will receive tools to help you breastfeed; an instruction guide, a diaper and breastfeed record for your baby, a list of questions that will help you tell if breastfeeding is going well, and phone numbers to call if you need help with breastfeeding.**

## INTRODUCE THE VIDEO

We will start by watching a video that gives tips on how to get breastfeeding off to a good start.

## SHOW THE VIDEO

Show the video *Valerie's Diary*

## DISCUSSION

1. The video mentioned quite a few ways to get breastfeeding off to a good start. Probably too many to remember. So, I am going to give everyone their own breastfeeding instruction guide. The instruction guide covers the same important tips mentioned in the video.

Pass out *An Instructional Guide for Giving Your Baby the Best*.

Everyone please open your instruction guide. If you wanted to check and see if you were holding your baby correctly for breastfeeding, what page would you turn to in the instruction guide?

Allow participants time to look through their guide and answer.

Pages 2 through 4 cover information on how to correctly position yourself and your baby for breastfeeding, how to latch your baby onto your breast, and how to tell if your baby is latched on well. This information is extremely important because proper positioning and latch-on will help keep your breasts and nipples from becoming sore.

2. If you wanted to know what to do if your breasts became overly full or engorged, what page would you turn to?

Allow participants time to look through their guide and answer.

The correct answer is page 4. Again, this is important information that will help you avoid soreness. It tells you how to use warm and cold treatments on your breasts so you can be more comfortable and continue breastfeeding successfully.

3. What page would you turn to if you weren't sure if your baby was getting enough to eat?

Allow participants time to look through their guide and answer.

Page 7 is full of information on how to tell if your baby is getting enough to eat. Weight gain and lots of dirty diapers are the best signs that your baby is getting enough to eat. However, many newborn babies lose weight in their first few days and don't have many dirty diapers until they are a few days old. So, I am going to give you another tool you can use during your baby's first week to help you decide if he is getting enough.

Pass out the *First Week Daily Breastfeeding Log* and *How do I know if breastfeeding is going well?*

- 4. One side of this handout is a daily breastfeeding log for your baby's first week.** (Hold up this side of the handout.) **Take this to the hospital with you and start using it the day your baby is born. It will help you determine if your baby is getting enough to eat during his first week.**

**To complete the daily log:**

- Fill in the start time and day of week in each box. The start time should be the time your baby was born and should be the same for each day. The day of week should change each day.**
  - Circle a B each time your baby breastfeeds.**
  - Circle one W each time your baby has a wet diaper.**
  - Circle one S each time your baby has a soiled or dirty diaper and check to make sure it is the right color. (Point out how the bowel movements change in color during the baby's first week.)**
  - Circle the plus sign if your baby has more than the daily goal for wet or soiled diapers.**
  - Check to make sure your baby is meeting the goals for that day. (Point out the goal column.) If he is, that's a pretty good sign that he is getting enough but be sure to keep your doctor appointments so you know if your baby is gaining weight. If your baby is not meeting all three goals - for breastfeeds, wet, or soiled diapers - you should call WIC or your baby's doctor for help.**
- 5. The other side of the handout lists questions that will help you know whether breastfeeding is going well for you and your baby. Answer these questions when your baby is 5 to 7 days old. If you only circle answers in the left column, you are probably doing very well. If you answer any questions in the right column, call the number listed at the bottom. (Point out phone number.)**

### OPTIONAL ACTIVITY

Pass out the *First Week Daily Breastfeeding Log Worksheet* and a pen or pencil to each participant. Offer worksheets and pens or pencils to anyone who came to class with a participant.

- 1. Say aloud, I'd like everyone to practice completing the daily breastfeeding log. At the top of the worksheet, please read the information about Baby Joseph and the instructions for completing the day 1 log. Then, complete the log and answer the questions below. We'll go over the answers together when you're done.**
- 2. Allow participants time to complete the log and ask if anyone needs help. Walk around the classroom to see if there is anyone who is not completing the worksheet. If someone is not completing it, sit down and complete it with them.**
- 3. Using the answer sheet, go over the answers to questions one through five with the class.**

## EVALUATION QUESTIONS

1. **Can someone name two tools that you can use to help ensure you're getting breastfeeding off to a good start? You got them in class today.**

Allow participants time to answer or hold up their tools.

2. **Can someone point out one phone number to call for breastfeeding help? There are two phone numbers listed on the materials you received today.**

Allow participants time to point out a phone number. Point out the toll-free number listed on the back of the instructional guide and the local number listed on the bottom of *How do I know if breastfeeding is going well?*

## CLOSING

**Breastfeeding experiences can vary greatly. Sometimes, breastfeeding gets off to a great start without much effort. Other times, you have to try some different things and ask for assistance before you and your baby get it right.**

**The tools you received in class today will help you determine if breastfeeding is getting off to a good start and when you should call for help. Be sure to call for help right away. The sooner you call, the faster you and your baby will be on the road to successful breastfeeding.**

**NE LESSON CODE BF-000-32**  
**How to Get Breastfeeding Off to a Good Start**  
**Participant Evaluation Form**

**1. I am: (you may circle more than one)**

- a. Pregnant
- b. Breastfeeding
- c. The parent of an infant
- d. The parent of a child
- e. A family member or friend of a WIC participant

**2. How much did you like the video you saw in class today?**

- a. A lot
- b. A little
- c. Not at all

**3. Do you think it is a good video to show at WIC?**

- a. Yes
- b. No

Why?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**4. Do you plan to use the tools you received in class today?**

- a. Yes
- b. No

**Comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**5. Additional comments:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Thank you for your time!*

**NE LESSON CODE BF-000-32**  
**How To Get Breastfeeding Off to a Good Start**  
**Staff Evaluation Form**

LA # \_\_\_\_\_

Date \_\_\_\_\_

**1. Was the lesson easy to read and follow?**

- a. Yes                      b. No

**What changes would you suggest for improving the lesson?** \_\_\_\_\_

\_\_\_\_\_

**2. Was participant feedback:**

- a. Positive              b. Negative              c. Indifferent

**3. Did you do the optional activity?**

- a. Yes                      b. No

If "no," why?

- a. Not enough time              b. Don't like the activity              c. Other:

\_\_\_\_\_

If yes, how well did the participants seem to understand the activity?

- a. Very well              b. Somewhat              c. Not at all

**4. Do you plan to use this lesson again?**

- a. Yes                      b. No

**Comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**5. Additional comments:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Texas Department of State Health Services  
Nutrition Services  
1100 W. 49<sup>th</sup> Street  
Austin, Texas 78756

## Answer Sheet: First Week Daily Breastfeeding Log Worksheet

Baby Joseph was born at 3:45 p.m. on a Tuesday. In his first 24 hours, he breastfed at 4:15 p.m., 7:45 p.m., 10:15 p.m., 1:20 a.m., 3:30 a.m., 6:00 a.m., 10:10 a.m., 1:15 p.m. and 3:00 p.m.

Baby Joseph had two wet diapers and one black, tarry soiled diaper.

Instructions: Complete the Day 1 log for Baby Joseph's first 24 hours.

- Fill in the start time and day of week. (The start time should be the time Baby Joseph was born.)
- Circle a B for each time Baby Joseph breastfed.
- Circle a W if Baby Joseph had a wet diaper.
- Circle an S if Baby Joseph had a soiled or dirty diaper.
- Circle the plus sign if Baby Joseph had more than the daily goal for wet and soiled diapers.

### Day 1 (1st 24 hours)

Start Time \_\_\_\_\_ Day of Week \_\_\_\_\_

Breastfeedings	B B B B B B B B B B B B B +	<u>Goal</u> 8-12
Wet diapers	W +	1
Soiled diapers (black, tarry)	S +	1

1. What is the start time for day 1?
  - a. 8:15 p.m.
  - b. 3:45 p.m. is the correct time. The start time for days 2 through 7 should also be 3:45 p.m.
  - c. 1:00 a.m.
2. What did you put for day of week?
  - a. Tuesday is the day of the week Joseph was born, so Tuesday is correct. The day of the week on day 2 should be Wednesday; day 3, Thursday; and so on.
  - b. Wednesday
  - c. Sunday
3. Did Baby Joseph meet the goal for the number of breastfeedings he should have in his first 24 hours?
  - a. Yes
  - b. No Joseph breastfed nine times.
4. Did Baby Joseph meet the goals for the number of wet and soiled diapers he should have in his first 24 hours?
  - a. Yes
  - b. No Joseph had two wet diapers and one soiled diaper.
5. Was his soiled diaper the right color?
  - a. Yes
  - b. No Joseph had a black, tarry stool on his first day, which is normal.



# First Week Daily Breastfeeding Log Worksheet

Baby Joseph was born at 3:45 p.m. on a Tuesday. In his first 24 hours, he breastfed at 4:15 p.m., 7:45 p.m., 10:15 p.m., 1:20 a.m., 3:30 a.m., 6:00 a.m., 10:10 a.m., 1:15 p.m. and 3:00 p.m.

Baby Joseph had two wet diapers and one black, tarry soiled diaper.

**Instructions: Complete the Day 1 log for Baby Joseph's first 24 hours.**

- **Fill in the start time and day of week. (The start time should be the time Baby Joseph was born.)**
- **Circle a B for each time Baby Joseph breastfed.**
- **Circle a W if Baby Joseph had a wet diaper.**
- **Circle an S if Baby Joseph had a soiled or dirty diaper.**
- **Circle the plus sign if Baby Joseph had more than the daily goal for wet and soiled diapers.**

## Day 1 (1st 24 hours)

Start Time \_\_\_\_\_ Day of Week \_\_\_\_\_

		<u>Goal</u>
Breastfeedings	B B B B B B B B B B B B +	8–12
Wet diapers	W +	1
Soiled diapers (black, tarry)	S +	1

1. **What is the start time for day 1?**
  - a. 8:15 p.m.
  - b. 3:45 p.m.
  - c. 1:00 a.m.
2. **What did you put for “Day of Week”?**
  - a. Tuesday
  - b. Wednesday
  - c. Sunday
3. **Did Baby Joseph meet the goal for the number of breastfeedings he should have in his first 24 hours?**
  - a. Yes
  - b. No
4. **Did Baby Joseph meet the goals for the number of wet and soiled diapers he should have in his first 24 hours?**
  - a. Yes
  - b. No
5. **Was his soiled diaper the right color?**
  - a. Yes
  - b. No